

Officiating the Race

Teacher's Overview of the Curriculum

Six lessons make up the curriculum, highlighting the overall concept of the Food Guide Pyramid and the FIVE components of the Pyramid that make up the school lunch meal pattern. The components are

- Bread, Cereal, Rice & Pasta Group

- Fruit Group

- Vegetable Group

- Protein (Meat, Poultry, Fish, Dry Beans, Eggs & Nuts) Group

- Fluid Milk from the Dairy, Group

Each week all students in every grade will learn the same concepts, adapted to their appropriate learning stage. This approach allows the entire school to engage in learning experiences that are reinforced from one student to another and from one grade to another. It also engages families with children in different grades with the same content to reinforce nutrition messages at home.

Lesson content meets the requirements of the *New Jersey Core Curriculum Content Standards for Comprehensive Health and Physical Education*. Each lesson is referenced to the section of the requirements that it fulfills. The following page lists the sections of the Core Curriculum that are developed to nutrition and physical fitness topics.

Lessons for each week list all materials required. Materials are inexpensive to fit within a teacher's materials budget. Depending on the school's policy, teachers may also ask the food service department to provide supplies when foods are needed.

The only background preparation needed is familiarity with the Food Guide Pyramid and foods included in each level of the pyramid. Following is the U.S.D.A.'s booklet explaining the Pyramid. You can also read this booklet online at www.usda.gov/cnpp/pyrabklt.pdf

Please visit the NJ Team Nutrition website at <http://njteamnutrition.rutgers.edu> for direct links to other resources such as American Cancer Society brochures and materials from both national and individual state Team Nutrition programs.

**New Jersey Core Curriculum Content Standards
For
Comprehensive Health and Physical Education**

The State Board of Education first adopted the New Jersey Core Curriculum Content Standards for Comprehensive Health and Physical Education in 1996. In 2001 the Comprehensive Health and Physical Education Standards Revision Panel began a review and update of the standards that was completed in 2002.

There are six comprehensive health and physical education standards, each of which has a number of lettered *strands*. The strands are an organizational tool allowing teachers to locate specific content and skills.

The NJ Race to Good Nutrition “Fuel Up with Five” campaign responds to the standard on Wellness (Section 2.1 of the standards) and the strand on Nutrition (Section 2.1 C).

Grade Specific Sections are:

Section 2.1 Wellness, C Nutrition

By the end of Grade 2 students will:

- 2.1 C (1) Explain why some foods are healthier to eat than others
- 2.1 C (2) Sort foods according to food groups and food sources
- 2.1 C (3) Explain what information can be found on food and product labels.

Building upon knowledge and skills gained in proceeding grades, by the end of Grade 4, students will:

- 2.1 C (1) Differentiate between healthy and unhealthy eating patterns
- 2.1 C (2) Classify foods by food group, food source, nutritional content, and nutritional value
- 2.1 C (3) Interpret food product labels
- 2.1 C.(4) Discuss how healthy eating provides energy, helps to maintain healthy weight, lowers risk of disease, and keeps body systems working.

Building upon knowledge and skills gained in proceeding grades, by the end of Grade 6, students will:

- 2.1 C (1) Discuss factors that influence food choices
- 2.1 C (2) Compare food choices based on nutrient content and value, calories and cost and create a healthy meal plan
- 2.1 C (3) Analyze nutrition information on food packages and labels
- 2.1 C (4) Discuss the short- and long-term benefits and risks associated with nutritional choices.